



# Outdoor Summer Swim & Diving Lessons

Join the Murray Aquatic Center's

Swimming, Diving & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include 8 forty minute lessons. In order to improve the quality and effectiveness of swim lessons children should be registered for the appropriate level according to their swimming skills.



**Ages: 6 months - Adult**

**Cost: Resident: \$30**  
**Non-Resident : \$35**



## Monday-Thursday Mornings

### Session Dates

- |     |   |
|-----|---|
| 1   | June 10 <sup>th</sup> – June 20 <sup>th</sup> (Registration Dates: April 29 <sup>th</sup> – <b><u>Deadline June 7<sup>th</sup></u></b> )  |
| 2*  | June 24 <sup>th</sup> – July 5 <sup>th</sup> (Registration Dates: June 14 <sup>th</sup> – <b><u>Deadline June 21<sup>st</sup></u></b> )   |
|     | <i>*The second week July 1<sup>st</sup>-5<sup>th</sup> runs Mon, Tues, Wed, Fri - Due to the 4<sup>th</sup> of July Holiday</i>           |
| 3   | July 8 <sup>th</sup> – July 18 <sup>th</sup> (Registration Dates: June 28 <sup>th</sup> – <b><u>Deadline July 5<sup>th</sup></u></b> )    |
| 4** | July 22 <sup>nd</sup> – August 1 <sup>st</sup> (Registration Dates: July 12 <sup>th</sup> – <b><u>Deadline July 19<sup>th</sup></u></b> ) |
|     | <i>**The first week July 22-26<sup>th</sup> runs Mon, Tues, Thurs, Fri - Due to the 24<sup>th</sup> Holiday</i>                           |
| 5   | August 5 <sup>th</sup> – August 15 <sup>th</sup> (Registration Dates: July 27 <sup>th</sup> – <b><u>Deadline Aug 2<sup>nd</sup></u></b> ) |



## Swim Lesson Level Chart

**Guppies (6 months-4 years, Parent/Tot)**

No experience necessary

**Starfish (ages 3-4)** Child has limited or no water experience.

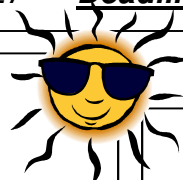
**Jellyfish (ages 3-6)** Child is able to perform all listed with assistance:  
Submerge to mouth and blow bubbles. Float on front/back and recover to standing.

**Seahorses (ages 4-10)** Child is able to perform all listed:  
Submerge completely, Jump into water over head without assistance,  
Knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

**Sea Rays (ages 5-10)** Child is able to perform all listed without assistance:  
Glide on front/back 2 body lengths, Float on front/back for 5 seconds.  
Know Freestyle (side breathing), Backstroke, and Elementary Backstroke for 2 body lengths.

**Sharks (5-12)** Child is able to perform all listed without assistance:  
Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke  
Float on front/back for 15 seconds, Tread water for 1 minute.

**Dolphins (5-12)** Child is able to perform all listed:  
Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke  
Swim 15 yards Breaststroke  
Tread water for 2 minutes, Float on front/back for 30 seconds.



## Diving Lessons

**Monday –Thursday Mornings**

Learn the basics of diving safety and skills including the approach, tuck and pike dives.

**Beginning Ages 7-12**  
**9:15 - 9:55 am**

*Level 4 swimming skills are required to take this course.*

**Intermediate Ages 9-15**  
**10:00-10:40 am**

*Completion of Beginning Diving is required to take this course.*





## Murray City Outdoor Summer Swim/Diving Lesson Registration Form



Participant's Name \_\_\_\_\_  
Age \_\_\_\_\_ Male or Female Birthdate \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
E-mail \_\_\_\_\_ Work Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_  
Cost (per participant, per Session) Member/Resident \$30  
Non-Resident \$35

Has participant taken Swim Lessons before? No \_\_\_\_\_ Yes \_\_\_\_\_ Last Level Completed \_\_\_\_\_

Level: \_\_\_\_\_ Session number: \_\_\_\_\_

Time: \_\_\_\_\_ Preferred Instructor: \_\_\_\_\_

*Class levels maybe combined to fill classes.*

*There will not be scheduled make-up lessons for missed classes including rain-outs!*

**Registrations will not be accepted after the deadline.**

**Refunds will not be given after first day of class.**



### Monday-Thursday Mornings

<u>Session</u>	<u>Dates</u>
1	June 10-20 (Deadline June 7)
2	June 24-July 5 (Deadline June 21)
3	July 8-18 (Deadline July 5)
4	July 22-Aug 1 (Deadline July 19)
5	August 5-15 (Deadline August 2)

9:15-9:55 AM	10:00-10:40 AM
Guppies	Guppies
All Levels	All Levels
Beginning Diving (Ages 7-12)	Intermediate Diving (Ages 9-15)



Does the participant have any limitations? No/Yes If yes, please explain: \_\_\_\_\_

I have received and signed the Murray City concussion policy: Yes \_\_\_\_\_ No \_\_\_\_\_

### LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

Office Use Only

Paid \$ \_\_\_\_\_

CASH CHECK VISA  
DISC AMEX MC

Date \_\_\_\_\_ Staff \_\_\_\_\_

